

BRIDGES

WEDNESDAY, OCTOBER 8, 2014

ON THE SCENE:

One night as a rock star at the SWN Vacation Dinner **P. 9**

SHARP EATS:

The Soup's On! Plus, musings on going alcohol-free **P. 32**

SPACES:

Nomadic artist's apartment doubles as inspired studio **P. 38**

A STARPHOENIX COMMUNITY NEWSPAPER



FAITHFULLY FUNNY

HOW WRITER ZARQA NAWAZ
MIXES COMEDY AND RELIGION
— AND GETS AWAY WITH IT **P. 4**

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Saskatchewan's Zaina Nawaz is best known as the creator of the TV show *Little Mosque on the Prairie*. Her 3rd book, *Laughing All the Way to the Mosque*, was released in June. BRIDGES PHOTO BY DON HEALY

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Arjuna artist Delinda Hecox has transformed her studio apartment into a work space and a home. BRIDGES PHOTO BY DON HEALY

BRIDGES COVER PHOTO BY DON HEALY

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ON THE COVER

As a feminist, female rights, especially in the Muslim community, means a lot to me.

—Zargha Nawaz

#MUSLIM COMEDY WRITER

Nawaz breaking stereotypes through humour



Zargha Nawaz's best-knowns creator of the TV show Little Mosque on the Prairie. She is also releasing her first book *Laughing All the Way to the Mosque*. **STYLING: PETER ANDER HALL**

By Ashley Martin

Zargha Nawaz passes out at the sight of blood. It's not a trait that bodes well for a doctor. But the petite accident that left her woozy on the floor during medical school didn't leave her Nawaz was going to be an OB/GYN.

"Not as a million, goddamn years if you had told me when I was 16 that I'd end up becoming a television show writer would I have believed you, because I was so intent on being a doctor. That's like a 180," said Nawaz.

But that's what happened.

Fast forward three decades and Nawaz is known as the creator of one of Canada's most successful TV series and most recently as a published author of two comedic "mosque" titled projects.

It's not as Nawaz is not be funny.

During CBC's successful run of *Little Mosque on the Prairie*, and as her so-called "moments of sorts," *Laughing All the Way to the Mosque*, she tackles serious subjects — like religion, feminism, prejudice. But be-

cause is her medium.

"Comedy comes to me naturally so it's just the way I write, even if I'm writing about something serious like 9/11," she said.

The seed for her book was planted at a conference a couple years ago, as two people were having an argument about Muslims.

Nawaz wanted to target misconceptions and help people understand the necessity.

and "not be so freaked out all the time about Muslims," she said.

She experienced racism growing up in Toronto — Ali and Parveen Nawaz enrolled their three kids in karate just so they could defend themselves — but things have only simplified in past 11 years.

"Muslims have (the) lowest approval rating across North America, possibly the world, and I feel that's part of it. We are not very highly regarded as a group of people," said Nawaz.

Especially now with all the anti-Muslim sentiment, it's hard saying, 'Hi, I've just written a book about Muslims, it's really funny' — Nawaz

"Now the discourse belongs to the right wing almost exclusively with the News. Muslims are a threat to the universe. The hysteria with 9/11. You just feel like you're against this incredible tide of anti-Muslim sentiment."

In two years ago, she started writing. It began as a book of essays which her agent rejected — twice.

"She was like 'write the way you write here!' which is through story and comedy so I tried again to make it intellectual and she rejected it the second time," said Nawaz. "The third draft she liked."

HyperCollins author Kate Cusack says Nawaz through to publication.

"She's a fantastic storyteller and she brings this kind of humor intellect to everything she does" and Cusack. "What I love about the book is you get to see all the different sides of her from her fighting family for women's rights in the mosque to that side where she's worried about gun possession."

"She brings this kind of full and complete picture of herself to the page. I think it's

funny and I think it's telling."

But Nawaz wasn't concerned it was funny. She wanted to treat the book like a TV sitcom, projecting the words onto a wall and dissecting it line by line to punch up the jokes with a quick burst of wit.

"I didn't know if it was as good as if it was even funny. At first I thought people were joking" when they said they liked it she said.

But it was no joke. Canadian Living called it the book of the summer. It was Chatelaine's book club pick for August. Robert Calton of the Toronto Star labeled Nawaz a "Punchy Lady the Sultan of the Sarong" maybe even the "Sultaness of the Sarong," guessing her "fatah sarong" — sarong.

Nawaz can likely channel that into her dream project: writing a Budget Jones-style novel about "a poor Muslim woman who can't put it together. I think like I could be the Muslim version of Helen Mirren."

Cusack is all for it: "I would love to see what comes out of Sarah's keyboard there," she said.

Continued on Page 6



Farah Nawaz, center, with her son, Zayn and her daughter, Farah, in front of her home in London.

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And I don't think faith needs to necessarily be expressed with a piece of fabric on your head and then you don't do anything to make the world a better place. — Nawaz



Nawaz Nawaz talks about her new book and life experiences as a woman living on the Poona during the World On the Street Festival in Stockholm on Sept. 21. Photo courtesy: Perneck Creative

Being absorbed in the same content for more than two years, writing 1,000 words a day and surely contradicting myself based on I turned her off from the process.

If anything, promoting the book has been more of a challenge.

"Be brave to march into this vacuum cleaner sales person," said Nawaz, who fears book signings so much she looks to practicing, writing Nawaz notes to imaginary people in bookstores.

"I was getting really outlandish like, 'your wife did not have an affair, I was there, I can prove it.'"

When the Gates manager caught her that was the end of the race.

"Then I had to start to do book signings," said Nawaz.

On one hand, she loves book signings because she gets to interact with her audience. But on the other hand, she dreads them — and

it's not for having to sustain herself with protein bars and bottled water during 12-hour shifts.

"Especially now with all the anti-Muslim sentiment, it's hard saying, 'Hi, I've just written a book about Muslims; it's really funny.' We're worried that they're going to be like, 'They're engaged to inherit Chapter,' and Nawaz laughing, "Like 'we're not sold on a book store.' It's like the worst possible time to be coming out with a funny book about Islam and Muslims."

The book came out around the time Helen Hanna was lag in the news.

Before the June 10 release, "I was thinking, 'Oh, I hope things will be quiet in the Middle East,'" she said, laughing.

Then she attended the book launch. "I hope it doesn't get worse. Could it get worse? Then by the time it got really going, I'd managed and I was like, 'Yeah, it can get worse.'"



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What I love about the book is you get to see all the different sides of her, from her fighting fiercely for women's rights in the mosque to that side where she's unwilling to go to the outhouse because she's worried about jinn possession.

—Kate Cassaday



Little Mosque on the Prairie won the Canada Award at the 2007 Gemini Awards, which were held Oct. 28 in Regina. The award is for media representation of multiculturalism. PHOTOS BY BRYAN SCHUBERT

♦ ♦ ♦ ♦

Norouz does not consider herself a political person. "The things I talk about are community and family and relationships. And there's enough stuff about Muslim politics on television, God knows."

So when she pitched her idea for a sitcom on CBC TV, "I wanted to show that people could relate to and I wanted it to be about community and the things I go through in life every day as a mom, as a wife."

More than two million viewers tuned into the premiere back in January 2007.

But research on Little Mosque on the Prairie didn't have the everyday happenings as a prime focus; it did venture into the political side of things — like when a mosque is opened in the mosque to separate men and women.

"That specific storyline and the whole idea for the show was born of Norouz's 2005 documentary *Me and the Mosque*, which explored the increasing conversions to mosques due to South Asian's influence, and making mosques more equitable spaces."

"As a feminist, female rights, especially in the Muslim community means a lot to me," says Norouz.

"I wanted to have a documentary saying 'this is not religion, this is culture and you have to separate the two.' And norouza has a right to be uplifted and come to the mosque and feel comfortable and not be feeling like they don't belong there."

"That belief" extended to Little Mosque on the Prairie she wanted to portray "an issue you would speak about women."

She's surprised it took off: it aired in more than 600 countries and, during the first season, about a million people tuned in each week in Canada.

People were asked to come up to this point they'd only seen broad Muslim men expressing much harsher and Muslim women. That was the only image in media of Muslims. You'd get harrowing television shows like *Al Jazeera*, so this was the first comedy that sort of gave a new point of regular Muslims even regular things, it humanized the community."

But in spite of Norouz's complicated feelings, "People expect you to have an opinion."

Recently at *Religion for the West on the Street* (a festival), a CBC reporter questioned Norouz about BBS, the Islamic extremist group.

"I just don't have my speaking points ready about this very terrorist organization," she said, then joked, "We don't have time to destroy western civilization, we have to pray and get our kids to soccer practice. That pretty much sums up our whole day."

"I just never get the media when it comes to Muslim Brotherhood."

"That they don't have to worry about being asked about murderous white people when the issues out with a comedy right?"

♦ ♦ ♦ ♦

Norouz counts Peg, Amy Poehler, Leslie Diab and

Joan Rivers as comedy icons.

"It's a great time to be a female comic, because there's wonderful role models who have paved the way for women."

But while the "can women be funny?" debate has been going on for years, Norouz was alive to it to be her *swag* in TV.

"I remember a comedian said that the guys wouldn't like it if you came up with a better joke than they did," she said. "When I came up with a good joke, it would be like 'then did that come out of her mouth?' It was the odd remark that ends in the comedy world."

Norouz didn't jump straight from comedy school to comedy writer.

First, she discovered journalism, lying her way through the entrance interview and producing from *Recess* to *News* in 1991.

"It was so cool," says Norouz, who started herself as "Barbara Walters or Diane Sawyer, in the trenches international journalist crusading the world."

Except her news wouldn't let her leave home until she was married. "I couldn't even go like outside of Ontario."

And that's how she ended up in Saskatchewan.

After meeting scores of potential in-laws, she found Sami Haque (her husband of 21 years who's lived in Regina since toddlerhood).

Due to an Ottawa law passed the day after they were married, Haque couldn't protest anything there because he hadn't graduated in the province. They couldn't stay in Toronto overnight, leading off her parents.

"At that point in my life I was convinced I was going to be the international crusading journalist and I ended up in Saskatchewan," says Norouz.

While working as a producer on Peter Gosselin's news show *Newsnight*, she could sense journalism wasn't her calling.

Haque was working in La Ronge, while Norouz was in Toronto with their first daughter, Maya. She didn't return to journalism, she decided to take a film course at the Ontario College of Art.

When BBS's Muslims, her first "terrible" short film premiered at the Toronto International Film Festival in 1996, "that's when it first occurred to me that I could write comedy in a way that people could relate to." It changed her direction. She made several more films over the years.

♦ ♦ ♦ ♦

Norouz reluctantly made *Regina* her full-time home in 1999, when second daughter Jojo was starting junior kindergarten and son Zakai was a baby. Another son, Zayd, was born in 2000.

"I just think it's incredible that 10 years ago I was so opposed to living in Saskatchewan and now I won't leave," Norouz said, laughing. She has turned Haque's suggestion to move to 1, A, for her career.

Continued on Page 8

... This was the first comedy that sort of gave a snapshot of regular Muslims doing regular things; it humanized the community — Nawaz



In the early episode of *Uthra Mosque* on the *Planet* channel, writer-cum-actress was assigned to do the mosque by a banner. It was comedian Nawaz's real-life experience, which was the inspiration for his 2005 documentary film and the *Mosque* film itself.

The city has changed a lot in two decades. With the advent of the Saskatchewan Islamic Centre, the mosque has become a place where people can go to pray. The mosque has changed a lot in two decades. With the advent of the Saskatchewan Islamic Centre, the mosque has become a place where people can go to pray. The mosque has changed a lot in two decades. With the advent of the Saskatchewan Islamic Centre, the mosque has become a place where people can go to pray.

The "radical demographics shift" reminds her of Toronto in the 1970s, when she first arrived in Canada from England at age five. Her parents had migrated from Pakistan to Liverpool, where Nawaz was born.

Her form of teenage rebellion was to whistly rehearse her Muslim faith. She adapted the hijab at age 10 and guided her mother into doing the same.

"When you grow up in a non-Muslim environment, you struggle with issues of identity and faith and who you are and what you stand for and how people view you. The hijab was this great way of self-identifying as Muslim and a way to stick it to your parents," said Nawaz. Today her attitude has changed. She has no concept of her two daughters to do what's right for them.

Maya, 30, has chosen to wear the hijab. In fact, she chose not to wear it.

While she's like all four of her children to dress modestly, it's not the clothes that make

the Muslim — "it's how you behave and treat people."

Like when Danya is travelling nationally to play rugby and still manages to pray five times a day.

"It's not that's what Islam is about, how she conducts herself, not what she puts on her head. And she's always answering questions about Islam," said Nawaz.

Or being involved in social justice activities at Campbell College, where they all attended high school. (Bashir and Danya are still there.)

"As Muslims, we're taught you have to make your community a better place and you have to serve yourself through service and you have to contribute to make a better society," said Nawaz, "and that's how they express their faith. And I don't think faith needs to necessarily be expressed with a gesture of fabric on your head and then you don't do anything to make the world a better place."

I feel like my kids have turned out to be three really strong kids who do not see any problems with being 100 per cent Canadian of Muslim faith. You can be both, they self-identify as Canadian and their religion is Islam and there's no contradiction between those two."

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Send your questions to me at the address below, then watch Brightwater for the answers!

Your pal, Chip

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Meewasin



ON THE SCENE

#SWN ANNUAL VACATION DINNER

The Seakelton Women's Network Annual Vacation Dinner is a much-anticipated event for the organization's members and their friends. The theme at this year's dinner on Oct. 3, one night as a rock star, meant the hall in Highland Park was turned into one heck of a party for the 300 rock star party. About \$5,000 was raised for SWN which uses the funds to keep the network running every year.

"Our yearly membership fees are affordable so that women from all walks of life can afford to join and all regular functions are operated on a break-even basis," says Karen Turner of Turner Event Management.

BRIDGES PHOTOS BY GORD WALDNER



ON THE SCENE

1. Judy Chawchawika and Cheryl Southern

2. Tracy Skofeld and Yvonne Stone

3. The Artfairs

4. Kerry Galla, Joanne Kachor, Diane Sabin and Karen Bask

5. Madeline Vicario, Edna Ruff, Monique Delarosa and Laura Decks

6. Sherry Frank, Marisa Whitley and Sandra Miller

7. Deb Murdoch and Debbie Ross

8. Karen Tanner and Wendy Perry

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10. Irene Goveas and Joyce Abson

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GARDENING

GARDENING IN SASKATCHEWAN

The silver and the grey of plant life

By Sara Williams

Trees and shrubs with silver or grey foliage are attractive in their own right but they really stand out when placed next to shrubs with purple red foliage.

Some favourites include many of the barberries and smokes, along with Scheuchzeria palustris.

Two excellent silver-leaved hardy woody perennials are Russian olive and wolfberries, both members of the genus *Elaeagnus*. Both have attractive silver foliage, small white berries and fragrant but inconspicuous flowers.

Russian olive (*Elaeagnus angustifolia*) is a dry area plant and is not often found in wet areas. Both have a large and billowing 'silvery' appearance. The spe-

cies name, *angustifolia*, means narrow leaved.

Native to Europe and Asia, this woody shrub is a graceful, fine textured tree, ranging in height from 4.5 to 7.5 metres. Leaves, twigs, flowers and fruit are all covered in minute grey scales giving it a silvery appearance. The long, narrow leaves are retained through most of the winter, looking like a permanent 'hoar frosted' look.

The inconspicuous yellow and white flowers, borne in early June, are highly fragrant and are followed by inedible blue like fruit. Thorny and non-thorny forms are available.

Russian olives do best in full sun and in well drained soils. They are drought and salt tolerant but will not tolerate flooding or poor drainage.

Some cultivars may suffer winter injury. These trees are used as specimen or shade trees, in screen plantings and to shelter birds. The silver foliage contrasts well with evergreens and shrubs with red and purple foliage. Birds like to consume the fruit.

Wolfberry (*V. myrtillus*) is native to the Prairies and casts the most scenic along dense lanes in May bringing nostalgic memories of walking to school to those who grew up in rural areas.

An upright and sometimes leggy shrub of up to 2.5 m, it makes freely some branching shrubs. Place it with care. It can be extremely well behaved for six or seven years and then dozens of unwanted suckers will emerge one spring or though by stage.



A European Russian olive underplanted with silver birch in a summer (previous) photograph. PHOTO: GARTEN BEAR-BLANK

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GARDENING



Golden willow. PHOTO COURTESY SARA WILLIAMS

On farms and meadows, a saline slough or a septic field is ideal. Little else will grow in these environments and there it can spread freely. The branches and leaves are covered with silvery scales. The fragrant, tubular, four-petaled flowers are inconspicuous, silver out side and yellow within. The small, silver fruit is dry and stony.

Among the willows in Salineville, a shrub typical of Russian olive and willow of only 1.6 m in height and with less scolding than willow.

Reynolds is an unproved selection, widely available in Europe, but much less so here in Canada. About 3 to 4 m in height, it has very dark (almost black) branches and weaves, one tracing silver foliage. Be warned: it scalds freely.

Willow-like does best in full sun in a variety of soils. It is used for wildlife plantings, naturalization, revegetation, and on banks and slopes to control erosion. It provides food and cover for birds and is a bee nectar source.

Two other large shrubs with grey foliage are sea buckthorn (*Elaeagnus argentea*) and buffberry (*Shepherdia argentea*) as other Russian willow. Neither is recommended.

NOTE: If you're interested in willow, look for a willow-like that has been pulled onto the same site. It's a good idea to pull it out.

For smaller urban landscapes because of their size, thorny nature and tendency to scald.

In their thorns they both are extremely drought tolerant, salt tolerant and produce fruit. Although extremely tolerant, thorns to pick and remove from stems, the drab of sea buckthorn makes a lovely green, similar in taste to an apricot liqueur. The red berries of buffberry were once widely used for pemmican. Both shrubs provide food and cover for birds.

Sara is the author of the new and revised *Creating the Prairie Landscape: In her latest book, Sustainable Forestry Farm Park & Zoo: A Photographic History, she tells the history of an institution and the personal stories of the people who made an important impact on Prairie agriculture.*

This column is presented courtesy of the Saskatchewan Perennial Society (www.saskperennial.com, saskperennial@shaw.ca). Check out our bulletin board or e-mail for upcoming garden information sessions.

See the Light: Health Research at the Canadian Light Source

Did you know it has been 10 years since Canada's synchrotron opened? Want to hear about the latest and greatest health research happening there?

Talk with young researchers and see where and how they use the synchrotron to study disease.

Advance registration required

Register online at fields.sask.ca/SLCS. Space is limited. This family friendly event is free of charge and handicapped accessible. Free parking will be available.

DATE: SATURDAY, OCTOBER 18
TIME: 9 - 11:30AM OR 1-4PM
PLACE: CANADIAN LIGHT SOURCE
44 INNOVATION BOULEVARD, U OF S CAMPUS



This free event is hosted by U of S CHIR
The SLCS (Synchrotron Light Research
Using Synchrotron Technology) which
is funded by the Canadian Institutes of
Health Research.

lightsource.ca



ON THE SCENE

HARVEST SUPPER

The Friends of the Forestry Farm House hosted their annual sold-out Harvest Supper in the historic residence on Oct. 5. The seasonably priced three-course dinner, which celebrates the bounty of the harvest in a relaxing historical setting, was a wonderful way for the 100 guests to connect over food.

The Friends of the Forestry Farm House is committed to preserving the residence, as it is an important historic site for Saskatoon and a key element in the heritage landscape at the Forestry Farm. The group also hosts educational programs for elementary students at the house, during which the story of the Sutherland-Forest Nursery Station in Saskatoon is shared.

BRIDGE PHOTOS BY MICHELLE BEND



ON THE SCENE



1. Anne Luzzo

2. Samuel Schmeckel, Waggel and Christine Waggel

3. Peggy Schmeckel and Ellen Schmeckel

4. Guests enjoy their harvest supper

5. Kristina Waggel and Kara Schmeckel Waggel

6. Sheri Hetherway, Julie Lawley, Fay Zimmerman and Maxine Soley



7. Randy Purves and Andrea Purves

8. Beera Langley, Sam Raffley and Laura Raffley

9. Gladie Soffel, Ruth Deaton and Phil Soffel

10. Simone Robinson, Luke Robinson, Elizabeth Moore and Todd Fowler

11. Rob Langley and David Raffley

12. Gill Mackenzie, Audrey Mackenzie, May Hays and Frank Roy



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1



IS YOUR PET MAKING YOU SICK?

3 Experts state that 79 per cent of new human diseases are zoonotic — passed between animals and humans. As our lives become more closely intertwined with animals, new infectious diseases are emerging. What's an animal lover to do?

YOUR GUIDE TO LIVING WELL

2 HOLISTIC APPROACH TO HEALTH

At her Arts and Healing Centre in Dandara, Lucy Weston is helping people to 'own their health' through holistic initiatives including art therapy and cooking for health.

5 GENDER PHYSICS

It's time for businesses to recognize the value of feminine energy, says thought leader Bettie Ann Heggie.



6 JUICE YOUR WAY TO HEALTH

The founders of Thrive Juicer Company want to better your health, and better the world!



SMART LIVING



IS YOUR PET MAKING YOU SICK?

Who hasn't looked their pet pooch or feline in the eyes and said, "You complete me." Well... we come close! Our devotion to our pets is undeniable. But those adorable fur-balls couldn't possibly make us sick, could they?

by Hilary Klassen of SP Creative Features

A new book published by the Ontario Veterinary College, *Wild? Human? Tails of Pests and Predators*, by Steve with Amanda, explains the transmission of disease from animals to humans. There is growing concern over the proliferation of diseases like E. coli, West Nile, and mad cow, the avian flu, anthrax, rabies, swine, and, yes, Lyme disease etc. "We can't solve these kinds of diseases by just looking at the people, we also have to look at the animals, the community and the environment and how they interact," says editor and contributor Dr. Elizabeth Smith. "They all interact more and more as we encroach on wildlife areas, and almost people are living more and more closely with the animals."

A dean at the Ontario Veterinary College, Dr. Stone says the college has real strength in infectious diseases and public health. A lot of people have graduated from the college in its international work and development. Some fascinating viruses emerged, and such is a collection of those for Stone tells.

For example, there's a story about reform in India.

and someone developing a program there. There's one on tuberculosis and epilepsy in Kenya and the transmission of tuberculosis from pigs to people – as people do, can migrate to the brain and cause epilepsy. Another deals with tuberculosis in Ireland involving cows, the Irish larder and humans. The book discusses interventions as well.

Shane says it reveals how much veterinarians contribute to public health and how complicated these issues are. "Veterinarians documented humility and caring, and demonstrated the complexity and cultural issues. 'People may be suspicious of health workers, both to our own community and abroad, whether it's vaccines, or people bringing their chickens in if they're sick, and being concerned that maybe if they bring their chickens in it will be killed but they need it for their livelihood.'"

Some of the viruses correspond to ones we're hearing at the media. A medical illustration shows how disease

CONTINUED ON NEXT PAGE



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[illegible]

4 PET CONTINUED FROM PREVIOUS PAGE



FAR LEFT

Andrew A. Potter is Director and CEO of VIDO-InfoVac, a research facility on the U of S campus devoted to discovering how infectious diseases work in animals and humans, and developing vaccines.

LEFT

Dr. Elizabeth Stoeck is editor and contributor to *Sick*, a collection of stories illustrating the relationship between animals and humans with respect to infectious diseases.

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is transmitted. "I think people will find it a really interesting read. They're often stories in people can just pick it up and read it on the train and then come back to it," says Stoeck.

Dr. Andrew Potter, director and CEO of VIDO-InfoVac at the University of Saskatchewan says vaccines continue to be the first way to attack infectious diseases. "We work on prevention of disease primarily and vaccines specifically simply because historically, vaccines have proven to be the single most effective way of preventing disease, whether in animals or humans. And we've been using them for a long time, thousands of years, although only a few hundred in western culture. They've got a proven track record and they are cost-effective as well."

Are viruses in water, about 70 per cent of new diseases of humans are zoonotic. "If you want to divide the field of human health, and you don't look at zoonotic you're eliminating a huge part of the equation and a huge part of potential ways to take care of disease of humans," he says. "We need to look at both sides of the equation."

He says new emerging infectious diseases, as well as old re-emerging ones have two things in common. "Virtually all of them come from animals, so big surprise. But the other thing is they require a high level of containment for us to be able to work on them. Most people in Canada and indeed most scientists in the world can't really do a lot of work on them in the lab because they don't have the facilities. We decided 10 years ago or more to build this high containment barrier facility

which allows us to actually work on a lot of these things, which has been just great since it opened last year to allow us to legally do things."

Work of the book at VIDO-InfoVac is on a rabbit, but it can cover a wide range. They developed a vaccine for E. coli with collaborators at UBC. "A scientific paper came out last year that showed the use of that vaccine in cattle would reduce the incidence of disease by almost 50 per cent. So it can be a phenomenal success," says Potter. The facilities the animals in our environment, the facilities our pets will be, and by extension, we ourselves.

Whether it's just the neighbour's walking his dog, humans and animals overlap the same space on the planet and are going to interact. "Most of us don't worry because they cross borders pretty easily," observes Potter. He doesn't really worry about the ones we know about because everyone's on the lookout for them. "I'm worried about the ones like SARS that nobody has a clue even now."

Stoeck and Potter agree that the risk of getting sick from your pet is pretty low. Some precautions can be taken but taking your pet to the vet to make sure it's healthy, getting those vaccinated and simply washing your hands. "It's not like it's something like that—they're not going to be more zoonotic," says Stoeck. Being somewhat obsessive about the cat's feet, keep your feet fairly clean and wash them on a bench. Pregnant women should also take precautions. ■

GENDER PHYSICS:

Balancing masculine and feminine energies

by Hilary Klassen of SP Creative Features

For our inaugural SMART THINKING feature in SMART LIVING, thought leader Bettie Ann Heggie sheds light on gender physics – her terms for the interdependence of the disparate masculine and feminine energies, and creating balance between them.



5
SMART THINKING

"What's your gender energy? Is it more masculine or more feminine?"

Nearly every day we see girls and boys playing side by side, becoming involved and learning ways of being. But we seldom pause to deconstruct the life-long patterns that are forming. In the headlong 20 years later, those ways of being, neither without any variation, they are present in conscious and subconscious ways.

Bettie Ann Heggie has begun to drill down into those automatic ways of being. Since retiring from PotomacGroup, she focuses more time on personal coaching her extensive experience into new patterns. "We take up all these things that we really are parents, which is raising more women in a non-gendered and looking like there's something I can contribute there by sharing my vision."

One of those patterns is exploring masculine and feminine energy in the workplace. Heggie just returned from Berlin where she was one of a group of women sharing stories about their careers. She also presented a workshop on masculine and feminine energy. As a thought leader in gender physics, it's all part of her desire to empower women.

"You don't want to generalize, but men and women do have some physiological differences and we are also conditioned differently. Heggie also defines acceptable patterns of behavior in the workplace. "Most of the men are going to me, 'What's our goal?' and they're to get there as fast as they can. Most of the women are going to say, 'What's the path here? Let's take this turn.' She says if you're a career coach, you'll draw an masculine energy. If you're exhibiting the values of your corporation, you'll want to draw more on feminine energy to move in consensus.

In male-dominated environments a woman can feel like a square peg in a round hole. "She got really in to the culture and to bring out confidence takes every day. And when we are

being ourselves that's when we are most charismatic. And when we're being charismatic, that's when people measure us and they think of us as leaders," says Heggie. Creating environments that support the confidence self, places that seek to understand and balance masculine and feminine energy, is critical. "Ultimately, what I want is for all businesses to see the value of having the best star energy there and to be using it."

Heggie feels that while men tend to bring all objective women is not to maximize. Men may well look for an external explanation, whereas women tend to look inside. "There is actually research on the brain that shows that women have a gut sense things more than men do." When things don't go as planned, she suggests that women make up a different ending. For example "As a result of having been through this, I learned 'this' and now I'm better off for it and I have all these new opportunities," which is a positive ending.

Heggie says some great analogies in her workshops. Once people understand feminine and masculine energies, they need to know when to use it. "You want to be able to shut it up and dial it down. It's just like tuning on the radio to your city – if it gets too loud you dial a little bit and so do you want to get the right frequency. If you want to speak your truth you need it louder, if you want to take a baby step make it softer."

Whether it's through the Womenempower program she cofounded with the U.S. Edwards School of Business as thought leadership and taking speaking engagements. Heggie helps women discover what makes them special and express it on the world.

Balance and feminine energies are defined as Heggie's website bettyannheggie.com. She has developed an assessment tool with a and to Carl Jung and the seven Chinese Philosophy of Yin Yang to help people determine what their gender energy is. ■

Retired PotomacGroup VP, Betty Ann Heggie, is channeling her energies in new directions, and is particularly passionate about helping business and individuals understand gender energy. *Supplied photo*

Your Health Matters

Staying active, being smoke free, eating right and regular screening for the prevention and early detection of cancer are all part of maintaining a healthy lifestyle.

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Drop-in Programs

Drop in for fun and fitness at the City of Saskatoon Central Aquatic Drop-in program with a qualified instructor. City of Saskatoon Leisure Centre (at Bulk Wagon). Interested? Refer to page 14 or visit www.saskatoon.ca/go/activeagers

Aqua Motion / Underline Aqua Motion: Uses a variety of equipment and exercises in water to chest deep water. No swimming ability is required. **HBC, LWC, LGG, SCC**

Aquafit / Chair Yoga: Incorporates strength and flexibility components with yoga based movements using chair support. **LWC**

Chair Assisted Fitness class for adults age 50+: who want to maintain fitness and remain independent. **LGC**

Geriatric Fitness Yoga: Builds strength as well as flexibility through the use of yoga and fitness movements. **LCC, LWC**

Forever in Motion: Learn functional exercises that will challenge you while improving your health. **HBC**

Forever in Motion Aquatics: This class focuses on improving endurance, flexibility, strength and balance with functional exercises to maintain and improve mobility and keep you strong and healthy. **LCC**



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Easy Access, Click! Drop-in Online: Visit www.saskatoon.ca/go/activeagers online for the latest drop-in schedules and to customize your perfect fitness option!

Registered Programs

Register at least one week prior to start of class

Aqua Zumba®: Aqua Zumba® offers a new aquatic fitness experience for every fitness level. The class is set to Latin music and will challenge you to move and dance through the water. Participants will experience muscular and aerobic fitness while having fun in the pool.

Blue Circle: 10:00 AM-11:00 AM \$10.00 30 min

Quadrant & Power: Enjoy the many benefits of pole walking in the friendly social program that instructs will lead you through a warm-up, walking and strength and stretch components. Pole can optional and are provided.

Saskatoon Fall Hike:
 Sat 10/11/08 8:00 AM 10:00 AM \$10.00 1:00 hr
 Sat 10/18/08 8:00 AM 10:00 AM \$10.00 1:00 hr
 Sat 10/25/08 8:00 AM 10:00 AM \$10.00 1:00 hr

Register at least one week prior to start of class

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Really a workout! Not just a stroll!

Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity making it easier to develop a fitness plan that works for you.

Smart Start Introductory classes

These single session classes will introduce you to the basics before starting your own fitness regime or program.

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 • **Smart Start Introduction to Line Dance:** **SCC**

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Designed with the beginner in mind our Learn to Loosen include three 45-minute sessions with an additional 15 minutes provided after each class to ask the instructor your individual questions.

Learn to Loose Yoga: **SCC, SPH**

Learn to Spin: **SCC, SPH**

Learn to Pole Walk: **SPH**

Learn to Circuit: **SPH**

Get Motivated with a Personal Trainer

A fitness consultant will help you set goals, current fitness status and lifestyle needs in and while developing a training program. Perfect right for you for more information about personal training options call 306-975-7808.

For more information on Smart Start programs call 306-975-7808. Registration information can be found on page 29 of the Fall Leisure Guide or at www.saskatoon.ca/go/activeagers



The First Step Program™



If you have pre-diabetic diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, chronic cholesterol and/or chronic kidney disease, First Step can help to improve your quality of life and help reduce the risk of developing future health concerns.

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Saturday & Sunday 10:00 AM-04:00 PM

Registration fee only \$4.00

The Fitness Circuit & Terry Fox Track is located in the Saskatoon Sports Centre in Forest Park (150 Nelson Road).



how to register

In this case and in the City of Saskatoon, simply click on what is in writing or in an email to visit online programs that require pre-registration and only have a payment of a class fee to participate.

Phone or visit the Leisure Centre of your choice:

Central Leisure Centre 3120 Laurel St. 306-975-3344
 Harry Rosen Aquatic Centre 1110-14th Street S. 306-975-3321
 Vancouver Leisure Centre 1616 Westboro Dr. 306-975-3644
 Jockey Club Leisure Centre 235 Neilson Dr. 306-975-3673
 Saskatoon Field House 2050 College Dr. 306-975-2336
 Show Centre 125 Royal Crescent Dr. 306-975-3344

Leisure Online: Visit www.saskatoon.ca/go/activeagers on the Internet. Online, you can click to search and register for programs or your convenience. After logging in for your leisure City of Saskatoon program a more than one page, you will require a credit card and family fee to use leisure Centre. Please contact your leisure Centre in reference of registration to set up your account.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Oct. 6

Eddie Robertson
Buds on Broadway,
517 Broadway Ave.

Gunner and Smith w/ Fever
Feed and Scene *Debut* to
Alaska
Vampiro Tavern,
501 Broadway Ave.

Thurs., Oct. 7

Moose & Freight Train w/
The Hatcher
Crawlers Restaurant &
Lounge
1-227 Pembroke Dr.

Undercover Photos
Buds on Broadway,
517 Broadway Ave.

Madie Deroo *Visible*
The Basement,
204 Fourth Ave. N.

Kristin Scott w/ Jeart Pacific
Capital Music Club,
244 First Ave. N.

PUP w/ Youth Age
Angus Centre,
632 103th St. E.

Rich & Bird w/ Little Criminal
and Jansone
Vampiro Tavern,
501 Broadway Ave.

Ryan McMahon
LOUÏE Pub,
93 Campus Dr.

Fri., Oct. 10

Lunch at Allen's/Murray
McLaughlin, Cindy Chenik,
Marc Jordan and Ian Thomas
Broadway Theatre,
710 Broadway Ave.

Pharo Fridge: Ray Stephen
Roots Series: The Dead South
The Basement,
204 Fourth Ave. N.



Dave Murphy with Sloan performing at O'Brien Event Centre on Oct. 16. Photo: Mike Hertz

The 100th Meridian
Buds on Broadway,
517 Broadway Ave.

Forever Young
Army & Navy Club,
205 First Ave. N.

Teen Town Big Band Dance
Downtown Legion,
606 Spadina Cres. W.

Salpe's Rhythm Kings
Fairfield Senior Citizens' Centre,
103 Fairmont Ct.

Zeke's Blunderb
Velocity Rockhouse,
3030 Eighth St. E.

4 Front
Teen Town Tavern,
630 Fairlight Dr.

Project 4 Teen Dance: Armed
and Hammer, DJ Ansel
and DJ Audio
O'Brien Event Centre,
241 Second Ave. S.

The Harpist and The Axe
Mandarin

Louis' Pub
93 Campus Dr.

Zion & w/ Nialla, Paria Post
& The Hip Hop Hipsters, and
Heartline and Thrive
Angus Centre,
632 103th St. E.

Band Wars 2: Punk & Week-
end Without You, Eye Eye
Baby, Iron Horse, Order Sky,
Where the Heart Is, Heretic
Effects, and Head Red
Rock Bottom,
8346 Broadway Ave.

Alle Means
Starr's Place,
105-110 Ruth St. E.

Gorgeous Blue Dogs
Peggy's Pub and Grill,
1000 Highway 101 Dr. N.

Sat., Oct. 11

Ellen Laverty
Broadway Theatre,
715 Broadway Ave.

Fear of Knowing
Buds on Broadway,
517 Broadway Ave.

Pence Se Lardys: Maurice
Drouin and Neil Currie *Aber-*
nating
Giving Thanks for 50th Wel-

come
The Basement,
204 Fourth Ave. N.

Forever Young
Army & Navy Club,
205 First Ave. N.

Thanksgiving Phoenix
Downtown Legion,
606 Spadina Cres. W.

Willens and The Shadows
Nations Legion,
2021 Leslie St.

Wine & Wood
Hickory Rockhouse,
2130 Eighth St. E.

Untimely Denies w/ Le-
vigate and Patience
Angus Centre,
632 103th St. E.

Skyline #22: Techno Edition
w/ Justin Kace, Kitch and
Danger
Capitol Music Club,
244 First Ave. N.

Vampires w/ The Paps
Vampiro Tavern,
501 Broadway Ave.

Alle Means
Starr's Place,
105-110 Ruth St. E.

Gorgeous Blue Dogs
Peggy's Pub and Grill,
1000 Highway 101 Dr. N.

Even., Oct. 12

Acoustic Night: Ray Elliot
Buds on Broadway,
517 Broadway Ave.

Less Than Zero w/ Big D
and The Kids Table, and The
Intermittent
LOUÏE Pub,
93 Campus Dr.

Thurs., Oct. 14

17 Seconds of Fuel
Buds on Broadway,
517 Broadway Ave.

Blues Series: Kitch Hellett
The Basement,
204 Fourth Ave. N.

Sloan

O'Brien Event Centre,
241 Second Ave. S.

ART

Mandel Art Gallery
Until Jan. 4 at 500 Spadina
Cres. E. Modern Visions: The
30th anniversary exhibition,
Modern Visions, presents
about 120 works from the
permanent collection. Free
discussion series, the 2010s of
ART: Oct. 23, Nov. 6, and Dec.
7, 7 p.m. to 9 p.m. Admission
or 1.

Gordon Ziegler Gallery
Until Oct. 9 in Room 191 of the
University of Saskatchewan's
Murray Building, Unifone: Objects
of Vulnerability by Chloë
McLaughlin

SCVAP Gallery
Until Oct. 10 at 253 Third Ave.
S. We Need Drafts: A colla-
borative art show featuring
local urban and graffiti style
artists. Spooky Staff Art Show
runs Oct. 10 until Nov. 4.

Calories Bakery & Restau-
rant
Until Oct. 12 at 121 Broadway
Ave. Works by Jay Mandel

The Gallery at Art Placement
Until Oct. 16 at 326 Third Ave.
S. Fall groupshow with works
by a selection of gallery artists.

Ukrainian Museum of
Canada
Until Jan. 31 at 900 Spadina
Cres. S. Drawing in Ukrainian
Travel photography by Andrii
Koshyk and Ksenia Paskalyuk
Opening reception Oct. 16, 7
p.m.

Affinity Gallery
Until Oct. 16 at 803 Broadway
Ave. Mix: Media media sym-
phonies by Paula Cooley reflect-
ing her interest in incorporat-
ing non-camera components
into her work. Artist talk Oct.
16, 7 p.m.
Events continued on page 28

InStyle

FASHION TRENDS

Brigitte Spink/Hi Advertising, Calgary



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➔ STYLE AND COMFORT

This season style and comfort have hit the global market in a big way. Topology that is in our every day life has come to the clothing industry at every level. This striped dress and unstructured blazer are great examples of this trend. Topology is a collection designed by the former production director of Prada. The dress is viscose and lyons for an amazing feel and the blazer is made of high quality jersey fabric. Both pieces retail for under \$300 dollars.

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5 KITCHENS FROM THE SILVERADO HOTEL

dconstruct

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the TRADING POST
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EVENTS

Paved Arts

Until Oct. 17 at 424 20th St. W. Off Route 2 by Amanda Deven Christie. An installation of a digital transfer of a screen film loop showing the artist's dreamlike aftermath of a car crash.

Unreal City Art Show

Until Oct. 17 at L39 Second Ave. N. New works from Jessica Edwards, Joe Yoderlin and Luke Worman.

Gallery on Third, Watrous

Until Oct. 18 at 102 Third Ave. E., Watrous. Shadows, a group show.

The Gallery at Frances Morrison

Central Library
Until Oct. 23 at 311 23rd St. E. Featuring a City by Carmen McKap. New paintings inspired by Saskatoon's established and emerging structures.

Prinzie Star Gallery

Until Oct. 26 at 136 Eighth St. E. New Portraits by Carol Wylie, Cosmic Deal by Eve Barbosa, and Watercolour from the Holy Land by Edward Ege.

Eye Gallery

Until Oct. 30 at 114-114 College Dr. Portraits of Nature, photographs by Trevor Carlson.

Egger Museum & Credit Union Gallery

Until Oct. 30 at 105 Third Ave. W. in Egger Military Exhibit. Honouring men and women from Egger who left their homes and families to do their part in the World Wars.

St. Thomas More Gallery

Until Oct. 31 at 1431 College Dr. Sculpture Bay: Three Tales by Bridget Atkins, Nikki Ault and Jacqueline Page tell us.

Winnipeg in Valley Centre Gallery

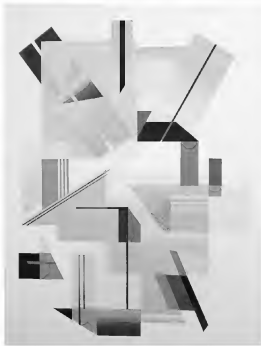
Until Oct. 31 at 400 Third Ave. S. Brauistries of Watercolour: Celebrating Nature's Beauty by Marie Ringas.

De Uze Arts Centre, Sudbourn

Until Oct. 31 at 731 Railway Ave. in Sudbourn. All About Bowers: Acrylic and watercolour paintings by Barbara Kinnor.

Watrous Library

Through October in Watrous. Harvest, a group show.



The Next Big Thing by Carmen McKap is on display at The Gallery at Frances Morrison Central Library.

Outstanding Outdoor

Until November in Paved Arts's billboard space: The Paved Arts art-advertising billboard project by Scott

Mosser. The project critiques the nature of this venue as an artwork that ironically takes on the form of public billboard advertisements.

Void Gallery

Until Nov. 1 at 3-1000 Eighth St. E. It's all about Saskatoon's near/farlands. Kinross Landscapes near Regina, Sask.

where the artist lives. Reception Oct. 18, 3 p.m. to 5 p.m.

Hand Wave Gallery

Until Nov. 13 at 409 Third Ave. N., Mosheim. A Fine Balance - Titled Verses by Michael Hosaka.

Handmade House Showcase

Until Nov. 29 at 710 Emerald Ave. The Elemental Garden, small pieces by Saskatoon quilter Dorothy Hosh.

Black Spruce Gallery

Until Nov. 30 at Hwy 2 at Northside. The Boreal Forest Through the Eyes of an Artist.

Saskatoon City Hospital Gallery on the Bridges

Until Nov. 30 on the sixth floor of the atrium at the Saskatoon City Hospital. Art by Louise. An eclectic mix of works reflecting Dr. Louise Bette's exploration of styles as a new artist.

Western Development Museum

Through April 2015 at 3610 Lane Ave. Big Bear Travelling Exhibit. In partnership with the Royal Saskatchewan Museum. A 52 million-year-old crocodile skeleton brought back to life through 3D imaging.

4 FAMILY**Stay and Play**

Tuesdays and Wednesdays, 5 to 6 p.m. to 11:30 p.m., through April. For children up to age five, semi-structured crafts, snacks, story time, toys, activities. Email stayandplay-saskatoon@gmail.com or visit the Facebook page.

Saskatoon Peaceful Parenting Group

Oct. 8, 10 a.m. to 12 p.m. at the Pregnancy and Parenting Health Centre, 348 Third Ave. S. Easy family walking to raise their children peacefully. A different topic each month. Children are welcome.

Stairs and Strollers

Wednesdays, 1 p.m. at Centre Care in The Centre. Choice of two meals each week. A baby-friendly environment with lowered table, dimmed lighting, a changing table and stroller parking in select locations. Events end Nov. 11 at 5 p.m.



ROAD SHOW

ONE DAY ONLY!

THURSDAY, OCTOBER 9

MANO'S ON 8TH STREET - 12 NOON - 1 PM

JOIN US FOR GREAT FOOD, FUN AND FASHION!

The StarPhoenix invites you to attend our travelling low-price fashion show. Thursday, October 9, at Mano's Restaurant on Eighth Street. See the latest fall fashions from Saskatchewan's leading retailers. Admission is free!

Guests will also receive an entry form to win an exquisite Swarovski crystal necklace and bracelet set valued at \$660, compliments of Hillberg & Berk.

FASHIONS BY:

Autumn's Fashion for Men

Caesars

Elwood Flynn Ltd

Genies

Klompke Design

Midtown Place

Step Ahead Store

The Ben, Fur Salon

Two Fifty Two Boutique

Vivian Sales & Spa

FEATURED GUEST DESIGNER:

Hillberg & Berk

EVENTS

OCTOBER 4 - 11

New open in University Heights Square, Two Fifty Two Boutique invites you to join in their Fall Fashion Trendsetter Event, ongoing with the CFS Marathon for Breast Cancer.

OCTOBER 4 - 11

Vivian Sales & Spa celebrates Fall Fashion Week with a sale on the Surface Curve Trim. New Surface Curve Seaming Cream is available! Save 20 to 40 per cent on select Surface styling products. Remember, every Tuesday is Student Tuesday. Students save 20%!

OCTOBER 9

Tammy Kehoe, the new owner of Genies in Seaside Centre, invites you to join her Customer Appreciation one-year anniversary celebration on Thursday, October 9. It's a fun come-and-go event, with wine and cheese, from 5 to 9 p.m. Update your fall wardrobe and enjoy a Customer Appreciation discount of 15 per cent!

OCTOBER 19 & 20

The Sunboxes in the City invites you to attend their annual Joseph Birkhoff Trunk Show, Sunday, October 19 and Monday, October 20. It's your chance to get an exclusive sneak peek at the famous Montreal designer's 2015 Cruise/Spring/Summer collection before everyone else! Try on samples from the collection and preorder for the season ahead. Bestsellers from the Fall 2014 collection will also be featured. Be part of the excitement in The Sunboxes in The City on Sunday, October 19 from 12 noon to 4 p.m., and Monday, October 20 from 10 a.m. to 6 p.m.

OCTOBER 24

The Hub City Optimist and Riverside Optimist Clubs present an evening of Glitz and Glamour on Friday, October 24 at the German Cultural Center. The Ladies Auxiliary Club features a five-course dinner, a fashion show by Dress Well with Glitz and Glamour prizes. Representatives from the Saskatoon Firefighters and the 2015 Sask. Burn Calendar will be in attendance. For information, contact Cheryl at (306) 979-5130.

OCTOBER 25

Two Fifty Two Boutique celebrates its Grand Opening in University Heights Square in Wilbrowgrove. Grand opening celebrations will include fabulous fashion displays, gift card giveaways and special savings. CFS will be an honoree. Join Two Fifty Two Boutique for all the fun, on Saturday, October 25.

OCTOBER 30

Midtown Place presents "PARKLUXE Saskatoon 2014", in partnership with The Cayman Islands. The event will take place at Roage Gallery, featuring a high-end clothing and culinary experience with fashions by three Western Canadian designers from Saskatoon, Calgary and Edmonton. Fashion-forward styles from Midtown Place and specialty catering provided by Ayden Kitchner. Rising Western design star Matthew Gallagher will be in the spotlight for a short interview-style presentation. The event begins at 7 p.m., with the Matthew Gallagher Cayman Islands Stylemaker Presentation at 8 p.m. The first fashion show is at 8:30 p.m., followed by a second show at 9:15. The after party and pop-up shops will follow at Ayden Kitchner and Bar.

Tickets can be purchased at caymanparkluxe.com

Twitter: [#caymanparkluxe](https://twitter.com/caymanparkluxe) • Instagram: [#caymanparkluxe](https://www.instagram.com/caymanparkluxe)
#PARKLUXESASK2014 • #YXEAFASHION • #YXEART

Professional models supplied by Sho Modelling

EVENTS

Mom-and-Baby Outdoor

Stroller Fitness Classes
Oct. 9, 1:30 p.m., along the
Moonwash Trail. Meet new
moms and get a whole-body
workout. No register and for
starting locate on email: Sa-
lusationStrongMoms@gmail.com
More information on
Facebook

C/F's Class and Play

Daily, 10 a.m. to 11 a.m., in Bay
4 of 519 South Railway St. W.
in Weimar. Saskatchewan's
second indoor playground.
For children up to age 12. Visit
cfeplayground.com or their
Facebook page.

Fun Factory Indoor Play-

ground
Daily at 1630C Quebec Ave.
A giant indoor playground
for young children, adults
and children under one year
are free. There is a separate
fenced-in area for children
under two.

Children's Play Nights

Daily at Lawson Heights Mall
A fun, safe, environment for
preschool children to play.
Please note this is an unsu-
pervised play area, and adults
must stay with and supervise
children at all times.

Market Mall Children's Play

Centre
Detached off the food court
at Market Mall. This play area
is free and has different level
slides. Children must wear
socks in the play area.

Recesses

Thursdays, 9 a.m. to 3 p.m.,
October to May, at Kin-
naird United Baptist Church, 1636
Ananda Dr. Parent-supervised
playgroup for kids ages up to
5's. Indoor play equipment,
games, colouring, draw-
ing, coffee/tea for parents.
Registration on arrival. Call
677-0334.

Breastfeeding Cafe

Thursdays, 10 a.m. to 1:30 p.m.,



Get Support: Clinics are held on the second Thursday of each month, 3 p.m. to 6 p.m., at the Pregnancy and Birth Centre, 3 503 33rd St. E. Get your
south checked and questions answered by a trained care staff and lactation professional. Info: 246-1120

at, at Westside Primary
Health Centre, 333 Fairchild
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated by
a lactation consultant with a
brief educational presenta-
tion, and time for interaction
with like other mothers.

Momies for Momies

Thursdays, 1 p.m., at Rainbow
Chimney in The Centre. An
infant-friendly environment
with reduced sound, change
tables, bottles warming and
stroller parking.

Car Seat Clinics

Second Thursday each
month, 3 p.m. to 6 p.m., at
Pregnancy and Birth Centre,
3 503 33rd St. E. Get your
seats checked and questions
answered by a trained car
seat technician. Call 306-361-
7938 or email whendy@pbc.ca
to register. Drop-ins are also
welcome.

Shop 'n' stroll

Fridays, 9:30 a.m. to 10:30
a.m., meet in front of Cos-
tco's service at The Mall
at Lawson Heights. Classes
consist of power-walking,
body-cubing, movies using
exercise tubing and a social-
izing for parents and babies.
Prescriptions at runners and doc-
tor's offices. No classes on
start holidays.

Gettin' Time for Mom

Fridays, 10 a.m. to 11:30 a.m.,
at 1636B Montreal Rd. #1-703
Central Ave. Moms enjoy a
free cup of coffee while chil-
dren play in the playground.

Baby Talk at SPL

Fridays, 10:30 a.m., at Alice
Turner Branch Mondays,
10:30 a.m., at Carlyle King
Branch and JS Wood Branch
and Tuesdays, 10:30 a.m., at
Coff Wright Branch. Half-hour
storying and rhymes, then
mixing with other parents.

Craft and Story Time

Saturdays, 11 a.m., at Indigo
Books, 3332 Elphinst St. E.
In the kids section. Call 306-
244-5357.

Carn Mice

Saturdays and Sundays until
Oct. 26, 11 a.m. to 4 p.m., at
the Saskatoon Indian Cul-
tural Centre, at the corner of
Cedarville Road and Hwy 87. A
semi-annual carn mouse dress
for the weather. Admission at
the door. All funds raised go
toward continued develop-
ment of the Saskatoon Indian
Cultural Centre.

Something on Sundays

Sundays, 2 p.m. to 4 p.m., at
the Mabel Art Gallery, 950
Saskatoon Ave. Five family-
fun for ages four to 12,
accompanied by an adult.
Art-making activities led by
gallery artists. Supplies are
provided. Oct. 12, Make art
with a Thanksgiving theme.

Potato Stamping

Oct. 12, 1 p.m. to 4 p.m.,
at McEwen Valley Centre.
A drop-in homework-themed
craft for all ages. Create paint
masterpieces using potatoes
as stamps. Information at
306-665-6888. Admission by
donation.

Postnatal Yoga

Monday, 12 p.m. to 1 p.m.,
at Pregnancy and Parenting
Health Centre, 248 Third Ave. S.
Get time to intermediate
yoga designed to help with
postpartum recovery. Baby
friendly class with a certified
yoga teacher suitable for four
weeks to two years postpartum.
Register at registration@pbc.ca
or call 306-361-7938. No class
on start holidays.

Canadian Light Source

(CLS) Public Tours
Mondays, 1:30 p.m., at the
Canadian Light Source, 44 In-
novation Blvd. The synchrotron

research facility is open for
the public. Registration is
required. Call 306-651-3664,
email: outreach@lightsource.ca
or visit lightsource.ca/edu-
cation/public_tour.asp.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m.,
at Pregnancy and Parenting
Health Centre, 248 Third Ave. S. A
comprehensive childbirth
education series, prepar-
ing parents for the birth of a
child. To register visit birth-
rhythms.ca.

Naturally Yours

Mondays until Dec. 1, 7:30
a.m. to 9:30 a.m., at Preg-
nancy and Parenting Health
Centre, 248 Third Ave. S. A
comprehensive childbirth
education series, prepar-
ing parents for the birth of a
child. To register visit birth-
rhythms.ca.

Wibbly Bobbly Bop Play-

room
Mondays to Fridays, 10:30
a.m. to 4:30 p.m. and late
night Thursdays, at 1636B
Montreal Ave. #1-703 Central
Ave. With a wet area, kitchen
and shopping cart, puppet
theatre, stage and crafts. To
book groups, or to check for
availability, call 306-364-
4717 or email bobberness@pbc.ca
saskatoon.

Playgroup

Tuesdays, 9:30 a.m. to 11:30
a.m., at Grace-Wesminster
United Church. Hosted by
Theine Harris Learning Com-
munity, a group of families
inspired by a wealth of philoso-
phies. Programming is aimed
at children ages two to five-
but all ages are welcome.

Freehold Story Time

Tuesdays, 10:30 a.m. to 11
a.m., at Michael Robinson,
3300 Eighth St. E. For children
ages three to five in The Circle
of Trees. Call 306-955-6777.

EVENTS

Nativity Year

Tuesdays until Nov. 4, 7:30 p.m. to 9:30 p.m., at Pregnancy and Parenting Health Center, 346 Third Ave. A comprehensive children's education series, an perfect preview for the birth of a child. To register visit nativityyear.ca.

BROOKS 4 KIDZ

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit brookskidz.com or call 308-979-2765.

Saskatoon Public Library Programs

Offering daily programs for children and families. Visit the website at saskatoonlibrary.ca/index/0106

SPECIAL EVENTS

Indian Delia Chef

Oct. 6, 6:00 a.m., at Jony's Food Emporium, 110 Grosvenor Ave. Live demonstrations and tasting throughout the day and learn about plate.

Echoes of Erin Year

Oct. 6, 7:30 p.m., at Holy Family Cathedral, 123 Nelson St. Traditional Irish music, song, dance and folklore. Tickets at McNally Robinson, Clara's Cuts & Color, Trinity Insurance and at the door.

West Coast Swing Dancing

Every second Wednesday, 9 p.m. to 11 p.m., at Louie Pub, 10 Campus Dr. Learn to swing dance.

SIFC Dances

Thursdays, 7 p.m., in room G1 at Albert Community Centre, 610 Glenview Ave. S. Saskatoon International Folk Dance Club. Learn dances from many countries around the world. Free to join. Visit sifu.saskatoon.com.

Le Choeur des Femmes Renaissance

Thurs., 7:30 p.m., at St. Charles sacramento Française, 1027 Albert Ave. Sing and socialize in French. With choir director Michelle Harris and accompaniment by Rachel Poirier. Information at 306-343-6641, 306-343-9480.



Menopause: The Musical is coming to TCU Place for one show on Oct. 14 at 7:30 p.m. HANCOCK PHOTO

Saskatoon Women's Hall of Fame Induction and Persons' Day Luncheon

Oct. 10, 11:30 a.m., at the Hilton Garden Inn. Following lunch, Francesa Innes-Fraser, Lorraine Kanasz and Jo Secker will be inducted into the Saskatoon Women's Hall of Fame. Tickets at 306-703-8572 until Oct. 9.

Gemma Stone: My Dad's Other Son

Oct. 10, 8 p.m., at the Royal Arts Centre. Presents city any CD or home box. The stand-up comedian performs. Tickets at 306-354-7727, perishontheatre.com.

Movie Movie Day

Oct. 10, 2 p.m. to 4 p.m., screening at RWED Arts, 434 20th St. W. Presented by RWED Arts and the Saskatoon Public Library. The 10 of it will share some home movies from their collection, and selected submitted films will be played. Submissions will be taken Oct. 11, 2 p.m., at Myler branch library. Oct. 14, 7 p.m., at Alice Turner branch library. Oct. 16, 2 p.m., at Frances Innes

Central Library. Submitted films will be entered into a draw for a free professional transfer sponsored by Film Rescue International.

Uptown Swing Swing Dance

Oct. 11, 8 p.m., at First Floor Dance Centre, 324 25th St. W. Saskatoon Lindy Hop monthly swing dance, held the second Sunday of each month. September lessons at 8 p.m., followed by dancing. All ages and skill levels are welcome. Tickets at the door. Visit saskatoonlindyhop.ca/ or uptownswing.com.

Westgate 50th Anniversary Celebration

Oct. 12 at Westgate Alliance Church. Looking Back - Moving Forward, celebrates the past and look to the future. 9:30 a.m. and 11 a.m. worship services, 5:30 p.m. celebration banquet. Banquet tickets at 309-382-8122. Visit westgatealliance.ca.

Amel Quartet

Oct. 13, 2 p.m. and 7:30 p.m., at Knox United Church. Featuring violinists Arthur Bess, William Bess, Austin

Castle, Austin Castle, Selving Driscoll, Violin Heather Wilson, cellists Hans Beason, Zaid Meach, and harp-scholarist and organist Renée de Makous. With works by Bach, Weill, Alkan, and Debussy. Tickets at 306-364-7727, perishontheatre.com.

Bag Chair of Angels

Nov. 29-30 at Third Avenue United Church. The Saskatoon Children's Choir's annual Christmas concert. Tickets at McNally Robinson after Oct. 12.

Off-Broadway Farmers' Market,

International Bazaar, and Bistro Tuesdays, 11 a.m. to 6 p.m., in the basement of Grace-Westminster United Church, 828 12th St. E. Offering a variety of locally produced food, clothing and accessories from India, past products, baking, and Bistro dishes. New vendors welcome. Call 306-664-2945 or email offbroadway@broadway.ca.

Annual Y20-InterViv Linkage Public Meeting

Oct. 14, 7 p.m., at McNally Robinson

A presentation by Dr. Andrew Pettit, CEO and Director of Y20-InterViv. Keeping the public updated on the bio-consentment level 2 facility and any community concerns related to it. Refreshments will follow the presentation.

Chief Old Time Dancing

Second and fourth Tuesday of the month, Oct. 14 through April, 7:30 p.m. to 9:30 p.m., at Grace-Westminster United Church, 828 12th St. E. Hosted by Saskatoon Pattern Dance Club. Entry donation for the first hour. Call 306-374-8063 or 306-362-1957.

THEATRE

Menopause: The Musical

Oct. 14, 7:30 p.m., at TCU Place. The hilarious celebration of women and the change. A musical parody set to classics from the '40s, '70s and '80s. Tickets at 306-975-7795, tscottickets.ca.

Food trucks are often, extremely diverse offered by Region. Listings will be posted if space permits.

STAR EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

#SASKATCHEWAN FOOD SCENE

The time is right for soup

By Jenn Sharp

Gluten-free vegans could be a on-luany nightmare, but not for me: I was so successful! Saskatchewan home chef

Megan Lust is a vegan and her husband, Lynn, has several food intolerances, including Celiac Disease. He requires an allergen-free diet that's both healthy and delicious. Lust is also a vegan. You would think that doesn't leave a lot of food left to eat, but she glazes it for him. The Gluten-Free Vegan, takes a different story.

Full of inventive, healthy and delicious recipes (I've tested several) in my category magazine. This spring, Lust launched her first cookbook, *Soup's On*, as an e-book. It's an appealing read with beautiful photography and simple, easy-to-read instructions. It starts with a recipe for homemade vegetable stock and as the reader goes through the book, they'll find recipes for soups and chilis.

I tried her recipe for pumpkin soup last weekend (October 1st) in the season for pumpkin, overkill after all. I added just more spices than she called for (especially onion and curry) and used store-bought vegetable broth. I wasn't up to making my own (that day). It came out pretty darn delicious, I let it simmer for a few hours and now, on Day 3, that soup is better than ever.

Here's the recipe for Asian Buckwheat Noodle Soup. I added a few more spices from Lust on where to find ingredients.

To purchase the e-book, visit vegansoup.com

ASIAN BUCKWHEAT SOBA NOODLE SOUP

INGREDIENTS

- > 1/2 cup buckwheat soba noodles
- > 1/2 cup vegetable oil
- > 1/2 cup lemongrass
- > 1/2 cup garlic, sliced
- > 1/2 cup fresh ginger
- > 1/2 cup paprika
- > 1 cup bean sprouts
- > 1/2 cup, cut into wedges

METHOD

1. In a large skillet, heat vegetable broth. Bring to a boil. Add lemongrass, garlic, paprika, chopped onion, bean sprouts, and cut into wedges. Reduce heat to low and simmer for 30 minutes.

2. Cook buckwheat soba noodles in a separate pot according to package directions. Cook the noodles slightly more than the time on the box to ensure they are done as they will continue to cook in the hot lemongrass broth. Drain and rinse noodles in cold water. Toss noodles with some oil to prevent them from sticking.

3. Divide each mushroom, grated carrot, and chopped green onion evenly among the four soup bowls. Layering over the soba noodles. There should still be plenty of room in the bowls for the broth. Stir the broth, return the broth to the heat and add onion and chili flakes. Bring to a boil over high heat to get the broth very hot. Immediately pour the broth over the vegetables and noodles in the prepared soup bowls. Let stand for five minutes to heat through all the ingredients.

4. Serve garnished with bean sprouts, cucumber slices and a wedge of lime.

Serve four.

Ingredient notes

BUCKWHEAT SOBA NOODLES: Since most buckwheat soba noodles also contain wheat flour it's important to source a gluten-free variety. Most health food stores carry King Soba brand soba noodles. They are gluten-free and there are a bunch of different flavor varieties.

LEMONGRASS: The Asian grocery section of Supermarket usually has fresh lemongrass stalks. Any Asian grocery will almost always have fresh lemongrass and if they don't have fresh, they often have packages of frozen, trimmed lemongrass.

SPICY MUSHROOMS: Many times I can find spicy mushrooms along with the regular mushrooms at the grocery store in a package. Asian grocery stores will almost always have fresh spicy mushrooms if the major grocery stores don't have them.



A creative Asian Buckwheat Soba Noodle Soup from the Gluten-Free Vegan Meg Lust's cookbook *Soup's On*. Photo courtesy Megan Lust.



Shredded cheddar soup from the Gluten-Free Vegan Meg Lust's cookbook *Soup's On* is the perfect fall comfort food. Photo courtesy Megan Lust.

SHARPEATS

#HEALTHYLIVING

A 'clean' month without drinking

By Jenn Sharp

I did a "clean September" experiment, where I lost out on the emphasis my diet. After a summer of excess, I really needed it.

The "clean" included anything processed, sugar-laden (fruit) where just for fun, not because it is weird about physical and alcohol.

Yes, I did great and my skin has cleared up. But I think it had a lot to do with the lack of booze.

Summer was fun — a lot of fun. But my body and the party.

So what's it like not drinking for a month? For the occasional drinkers out there, it'll seem like a stupid question, but I'm talking to the part after work, wine with dinner and rock before the weekend crowd.

First of all, it was strangely liberating. For

the first time in months, my weekend plans didn't revolve around where, when and how I was going to get the booze in.

Challenges of course presented, the worst of which was at a birthday party where every one was looking to get drunk. I stopped by for a bit to celebrate with the birthday boy. People at the party many of them introduced friends of mine, just couldn't handle the fact I wasn't drinking.

"I mean, just have one. It's no fun if you're not drunk," (actually I'm plenty of fun sober thankyouverymuch).

"How about a shot?" "Beer that count?" (Yes, it does and we think).

"I hate being drunk around sober people," (sorry dude, it be you I guess).

And so it went.

To clarify — I'm not one of those annoying sober people (we're all out there) judging

is anyone that will have why alcohol is bad for your health. No I'm party down fun and will laugh at drunken antics with the best of them.

The problem these parties had wasn't with me, but with themselves, which I only realized after a friend explained it to me. A sober person, even a great, outgoing one, tends to make him uncomfortable. Sobering he too would like to get the booze but hasn't yet found the courage to handle social situations without it. He also feared some of his friends wouldn't understand and may ostracize him. And I know, but I think also true for more people than I realized.

The whole thing wasn't meant to turn me into a teetotaler (I love wine too much), but I can appreciate that the glass will often do the trick instead of the bottle. Sometimes, a cup of tea is even better.



Jenn Sharp with her cut of 'lean' (credit: PHOTO BY MICHELLE ROSE)

Own it a try: one month, no booze. I'd love to hear about your experience.

(jsharp@thestarphoenix.com
Twitter: @JennSharp)

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(OR AS SOME LIKE TO CALL IT THE "905 TIMES" EDITION)

PET LICENSING

my pet MATTERS

IMPORTANT NOTICE

As of October 1, 2014, the My Pet Matters reward program has been discontinued and cards are no longer valid at retailers.

Continue to receive many benefits by licensing your pet:

- Direct return home
- Safe shelter
- Access to 6 Dog Parks
- Dog Park Ambassador Groups
- Subsidized Spay and Neuter Program
- Enforcement of Animal Control and Dangerous Animal Bylaw
- Pet at Large Card

The City of Saskatoon apologizes for the inconvenience and is currently looking into new options.

www.saskatoon.ca/go/animalservices

ANIMAL SERVICES City of Saskatoon **The StarPhoenix**

IN THE CITY

OCTOBER 4, 2014 — 9:18 P.M.

A musical evening



Gino Gelsi and the Saskatoon Symphony Orchestra perform at the West End Black Affair. Le Stes neveu a right in top of the Delta Devonmouth-Hotel in G.C.L. 4. Images taken by MATT SMITH

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thestarphoenix.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Alexa Maiba. Thanks to everyone who submitted entries!



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Dr. 975-9630**

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#NICHOLAS OLSON

The Adirondack Haystack Still Floats

There was once a 72-year-old man named Charles who lived in the name Montreal neighborhood his entire life.

Charles never went to university, but The Professor did. The Professor went to university so long that it made him go crazy and disappear.

John went to community college and she also disappeared, but she disappeared because someone kidnapped her.

A part of Rick disappeared, but

not the whole thing his head fell off.

Today, well, Toby's head didn't fall off, but his head was almost shot off by a homemade fireworks on the 16th of July. Achilles lived in Mexico and didn't much care for the fourth of July, he didn't much care for Americans, but still stood up for them when they got jumped in his neighbourhood.

Martha (Burdell) was about to American as it gets, giving away

five bottles of hot sauce with every piece of food burrito he sold.

Joan was in a similar place, offering an emotional yet legal out-patrol law enforcement service in southern California.

Henry wasn't patriotic, to the point that she almost got arrested in the Vancouver airport for being the granddaughter of a communist.

Charlie was pretty sure she hated communists and had never been anywhere in her life, she grew up on the Greyhound.

Rosary often made UPS deliveries to the Greyhound depot in her town, as well as, occasionally, to nearby farms.

Doris, he filed the impending apocalypse and ended up back at the farm where his grandparents settled and his parents grew up, and thus somehow didn't make his last day more at home.

The Adirondack Haystack Still Floats tells stories of these 12 people who perfectly demonstrate that prominence and fame is boring and pathetic, and that what is routinely deemed as boring and pathetic is actually the most interesting aspect of our world, that is the real, truthful people which inhabit it.

You can buy The Adirondack Haystack Still Floats at ballardbooks.com or at Woodward Shop (3511 12th Ave. in Regina).



Nicholas Olson

THE ADIRONDACK HAYSTACK STILL FLOATS
Cover by Nicholas Olson



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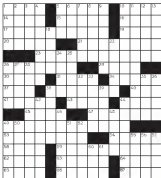
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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 2013 Santa partner
5 A hawk and
Swamp
10 They missed
14 Mixed at the bottom of
a page, perhaps
15 Eye Puffs
16 Idiocy... and
17 Metaphorical mess
18 Blood is Oke
20 Whiffing stuff
21 Slaps 'n'
22 Mashed potatoes
23 "Hello, there"
featuring the voice
of an obscure
24 "Pride of the Sea"
short?
25 Prayers at LUT and
LUT
27 These kids
30 Usually discussed
37 ...Lemon
("No more")
38 "I'm just a little"
composer
40 Potted varieties
named after a
resident
41 Author Elio
42 Homage beyond
43 Fish
44 "Get 'em!" adversary
45 Mince's home
46 Only president to win
a Pulitzer
48 Men who
49 "We're wrong about
you"
50 Mice
51 Rare advantages... or
at least so...
52 ...in ACROSS
53 ...Pulitzer Prize
54 President of Facebook
55 P and up
56 "Oh, why not?"
58 Quot "essential feature"
59 Info in a way
67 Bear state



DOWN

- 1 Official paperwork, for
short
2 PMA, request briefly
3 Phew...
4 Mincey fingers
5 Big name in chemicals
6 The Name of the
"Best" author
7 Rock space
8 Ancient Mexican
9 Moby-Dick
10 Bizarrely related
11 Mincey with a
Pride of the Sea
12 "Pride of the Sea"
13 "Pride of the Sea"
14 "Pride of the Sea"
15 "Pride of the Sea"
16 Words with time or
song
17 Underwater, as an
age
18 Old clock on rails
19 French people
20 Place where people
pick fruit
21 "Pride of the Sea"
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PUZZLE BY PETER A. COLE

JANRIC
CLASSIC
SUDOKU

Level: Gold

Fill in the blank cells
using numbers 1 to 9.
Each number can ap-
pear only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.



Solution to the
crossword puzzle will
be in the Sudoku cards
found on Page 39

Authentic Amish
Cooking

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Tomato Pie

2 C. Ricotta
1 t. Garlic Salt
1 t. Basil Leaves
2 t. C. Mozzarella
1 C. Milk
1 t. Oregano

1 lb. Parmesan
Cheese, grated
8 Tomatoes,
peeled & sliced



Mix ricotta and milk. Spread evenly in 10" pie plate. Layer with tomatoes,
spices and cheese. Repeat layers and spread mozzarella on top. Then
top with another layer of cheese.

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SPACES

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SASKATCHEWAN'S BEST SPACES

Artist's apartment doubles as studio

By Ashley Martin

WHO? Artist Belinda Harrow

WHAT/WHERE? Her downtown apartment/studio space in Regina

WHEN? Harrow has lived in this building since 2012, when she returned to Saskatchewan from the Yukon. She only needed a small space, as her nomadic lifestyle had left little room for collecting things. She'd previously lived and worked in Nova Scotia, Scotland, New Zealand, China and India.

WHY? Harrow has been artistic since childhood and pursued fine arts in Halifax after completing an English degree at the University of Saskatchewan.

"She enjoys making art at home because 'I feel like I'm still having a home life, even if it's not necessarily serious,'" said Harrow.

After work at the Saskatchewan Arts Board, where she helps maintain the permanent collection, she can paint a little, then cook supper and watch TV, then go back to painting.

But fitting an art studio into an already compact space is not always easy.

There are limitations to the work she can do here — anything more than painting and sewing is off limits.

"I can only do so many messy things in this apartment because I want my domestic space back," she said, laughing.

HOW? No surprise, Harrow's decor is focused on art while nature plays a close second — a cowhide rug ties into other organic elements like plants, fur and rocks.

She's collected pieces from everywhere she's lived and travelled.

"I think it is so great to live with art," said Harrow. "[The pieces] remind me of places, they remind me of people, they're aesthetically beautiful. I think they add a lot of value to the space that I live in, and it's really neat and inspiring even when I'm working on my own work."

All of those creative pieces hold memories, but with no garden, Harrow's houseplants are most dear to her. "I think they represent a stability and being home, a place for a certain amount of time," she said.

While she's made the best use of this small apartment, Harrow hopes to soon spread out a bit more. She's currently house-hunting.

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BRIDGES PHOTOS BY DON HEALY

WINE WORLD

#SASKATCHEWAN WINE SCENE

A new find for fans of the sweet red wine trend

By James Romanow

This time of year, even vegans go weak in the knees passing the grocery store shelves displaying the skins are grey the trend a bit chilly... it's time to break out the red wine. Most must eaters don't stop for a chicken. Folks like that are heading straight for the beef section for a slice of corn served still dripping blood. If you are of this persuasion, it is likely your wine of choice is cabernet sauvignon.

This is a problem if you are also around or approaching age 30, as your palate has been conditioned by the great shampoos to sweet. Cabernet is easy though but sweet is not usually one of them. Instead if you are of this particular breed — and you have many future drinkers of all ages — what you want is a bottle of Apogee, with 30 or so acres of residual sugar per litre.

Well, now you're 30, probably with a martini glass and thinking about kids and it's time to get some children's wines and step up to the table wine. Fortunately for you, the winery of Apogee are there before you with Cabernet, a vintage cabernet sauvignon. Apogee is added to allow blending flexibility.

This is very much a first century wine can play with some leaves, and buffered acidity and the requisite 30 plus grams of sugar. The texture is a little lighter than that of Apogee, which helps a bit with food.



This is a very new wine to be bottled. The wine is sweet red wine trend. It isn't my style of wine and the makers know that. But if you're on that side of the fence, it's worth a try.

Cabernet Sauvignon, USA 2013 \$17.99

More wines for winter in Monday's paper and on Twitter @jdrobow

Crossword/Sudoku answers

DEEP	DECOR	MICA
OVER	OCULO	ASAN
CANOF	WORMS	GANG
SCHMO	RECREATE	
	PRIVY	COUNCIL
DARTAR	ENTS	
ETAS	OGIA	NATTY
LIZ	WANDY	ERA
ITALD	VEET	PROG
ALLOS	COLANIA	
JOHN	KNEDDY	
EAST	IDE	TOOSE
SRTA	HEADS	TASTE
SCAN	AMPE	VEAH
EDNA	TASSE	SOYA

4	2	8	1	7	6	9	3	5
3	9	1	5	4	2	6	7	8
5	7	6	3	8	9	1	4	2
7	8	5	4	6	3	2	9	1
1	6	9	7	2	5	3	8	4
2	4	3	8	9	1	5	6	7
8	3	2	6	5	4	7	1	9
6	5	7	9	1	8	4	2	3
9	1	4	2	3	7	8	5	6

Attention Literacy Coordinators!

Take-a-Reader funding application



Application

Deadline:
October 31, 2014

We invite your organization to apply for funding from the 2014 Leader-Post and The StarPhoenix Raise-a-Reader campaign. The Raise-a-Reader program raises funds and awareness in support of family and children's literacy programs in Saskatchewan.

Raise-a-Reader funds raised at numerous events throughout the year are now available to support the important work you do: helping parents and children develop strong literacy skills.

Funding application forms are now available on the Saskatchewan Literacy Network website.

(Click on the Raise-a-Reader logo for forms & information)
www.sk.literacy.ca

For more information please contact

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Email read@sk.literacy.ca



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